

TR KICKBALL/TENNIS/KARATE

TR ALL FOR KICKS

This program is designed to work on the skills of kickball and team play. The first ever KICKBALL LEAGUE! Participants will be divided into 2 separate groups, depending upon ages. Everyone will have a buddy and learn to play the fun game of kickball! T-shirts will be provided!

Day: Mondays

Date: October 4, 11, 18, 25, November 8, 15

Time: 5:30 p.m. - 6:30 p.m. or
6:45 p.m. - 7:45 p.m.

Fee: \$25 per person

Age: 5-8 AND 9-12

Location: Field of Hope

* Last day to register is September 3!



QUICK START TENNIS

Quick start tennis is an exciting new play format for learning tennis developed by the United States Tennis Association. It is designed to bring kids/youth into the games by adapting the equipment, court dimensions, and the scoring to the age, skill, and size of the children just like other youth sports do. Each lesson will include movement activities and progressive skill development to learn forehands, backhands, and serves in a fun and exciting way.

Teen/Adult Tennis is designed to teach basic strokes such as forehand and backhand. Participants must provide a racquet and a can of unopened tennis balls.

TUESDAYS

Session I: August 31 - September 21

Session II: September 28 - October 19

Session III: October 26 - November 16

Time:	6:00 p.m.- 6:45 p.m.	Pee Wee
	7:00 p.m.- 8:00 p.m.	Youth
	8:00 p.m.- 9:00 p.m.	Teen/Adult

THURSDAYS

Session I: September 2, 9, 16, 23

Session II: September 30, October 7, 14, 21

Session III: October 28, November 4, 11

Time:	4:00 p.m.- 4:45 p.m.	Pee Wee
	5:00 p.m.- 6:00 p.m.	Youth
	6:00 p.m.- 7:00 p.m.	Teen/Adult

Fee: \$30 per person

Age:	Pee Wee	4 - 7 years old
	Youth	8 - 12 years old
	Teen/Adult	13 & older

Location: Kiwanis Tennis Courts

KARATE

This class will offer children physical fitness, flexibility, respect, dedication, self-confidence, perseverance, and self-defense. Kata, Kumite, Self-Defense, and Okinawa weapons are studied.

Day: Tuesdays and Thursdays

Date: Session I: September 2 - 30

Session II: October 5 - 28

Session III: November 2 - 30

Session IV: December 2 - 16 &
January 18 - 27

Time: 7:15 p.m. - 8:45 p.m.

Fee: \$45 per person

Age: 15 & older

Location: Kiwanis Center



*No class November 25-Family rates will apply!

KIDS KARATE

This class will offer children physical fitness, flexibility, respect, dedication, self-confidence, perseverance, and self-defense. A variety of weapons will be studied.

Day: Tuesdays

Date: Session I: September 7 - 28

Session II: October 5 - 26

Session III: November 2 - 30

Session IV: December 7, 14 &
January 18, 25

Time: 5:15 p.m. - 6:00 p.m.

Fee: \$35 per person

Age: 10 - 14 years old

Location: Kiwanis Center



TAI CHI

The Chinese art form of exercise reduces stress and tension while improving energy, endurance, balance, strength, and overall health.

Day: Tuesdays

Date: Session I: September 7 - 28

Session II: October 5 - 26

Session III: November 2 - 30

Session IV: December 7, 14 &
January 18, 25

Time: 6:15 p.m. - 7:00 p.m.

Fee: \$35 per person

Age: Adult

Location: Kiwanis Center

